



WORKOUT 15.2

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

10 overhead squats (95 / 65 lb.)

10 chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

12 overhead squats (95 / 65 lb.)

12 chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

14 overhead squats (95 / 65 lb.)

14 chest-to-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

NOTES

Each three-minute section begins from the standing position with the barbell on the floor and the athlete standing tall. Using a ball, box or other object to check for proper depth is not allowed. Every rep counts in this workout. You will enter your score as the total number of reps. See the scorecard for assistance in calculating the rep total.

TIME BONUS

This workout begins as a standard three-minute couplet of two rounds of 10 overhead squats and 10 chest-to-bar pull-ups (6 of each for scaled versions). If you complete all the reps (2 complete rounds) before the time cap you will rest until the three minutes are up before beginning the next segment. In the second segment, minute three to minute six, you will attempt two rounds of 12 overhead squats and 12 chest-to-bar pull-ups (8 of each for scaled versions). If you complete all the reps (2 complete rounds) before the time cap you will rest until the six minutes are up before beginning the next segment. In the third segment, minute 6 to minute 9, you will attempt 2 rounds of 14 overhead squats and 14 chest-to-bar pull-ups (10 of each for scaled versions). If you complete all the reps (2 complete rounds) before the time cap you will rest until the 9 minutes are up before beginning the next segment. You will continue in this pattern for as long as possible, adding 2 reps to each exercise each round for every three-minute segment you complete.

Your workout is over whenever you do not complete two full rounds of the couplet within the time cap and your score will be the total number of reps you complete.

For example, if you complete the first 2 rounds of 10s (40 reps) in 2:30, you will rest until 3:00 before beginning the rounds of 12s. If you then complete 1 full round of 12s plus an additional 10 overhead squats (34 reps) by minute 6, your workout is over. Your score will be 74 (40 reps from the first segment plus 34 reps from the second segment).

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

EQUIPMENT

- Pull-up bar
- Barbell
- Collars
- Plates to load to the appropriate weight for your division

For each workout, be sure the athlete has adequate space to safely complete the event. Clear the area of all extra plates, people or other obstructions.

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 43 / 29 kg for Rx'd, 29 / 20 kg for Scaled, Masters and Teens, and 20 / 15 kg for Scaled Masters and Scaled Teens.

OVERHEAD SQUAT

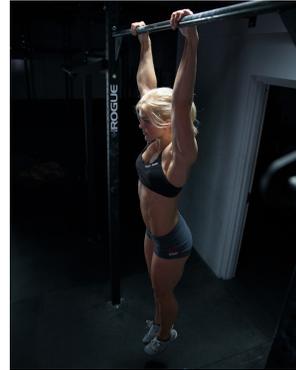


The hip crease must be below the top of the knee at the bottom. A full squat snatch is permitted, but not required, to start the movement if standard depth is achieved.

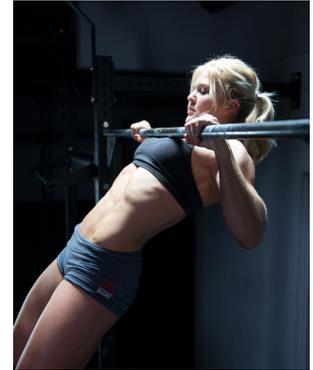


The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body. You may not use a rack.

CHEST-TO-BAR PULL-UP



This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed, as long as all the requirements are met. The arms must be fully extended at the bottom.



At the top, the chest must clearly come into contact with the bar below the collarbone.

CHIN-OVER-BAR PULL-UP



The hang position is the same as the chest-to-bar pull-up (see above). Dead hang, kipping or butterfly pull-ups are allowed, as long as all the requirements are met. At the top, the chin must break the horizontal plane of the bar.

JUMPING CHEST-TO-BAR PULL-UP



The pull-up bar should be setup so it is at least six inches above the top of the athlete's head when standing tall.



At the bottom, the athlete must lower themselves so his or her arms are fully extended.



At the top, the chest must clearly come into contact with the bar.



RX'D

(Includes Masters up to 54 years old)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

10 overhead squats (95 / 65 lb.)

10 chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

12 overhead squats (95 / 65 lb.)

12 chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

14 overhead squats (95 / 65 lb.)

14 chest-to-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

SCALED

(Scaled Men & Women 18-54)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

6 overhead squats (65 / 45 lb.)

6 chin-over-bar pull-ups

From 3:00-6:00

2 rounds of:

8 overhead squats (65 / 45 lb.)

8 chin-over-bar pull-ups

From 6:00-9:00

2 rounds of:

10 overhead squats (65 / 45 lb.)

10 chin-over-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

MASTERS

(Masters 55+)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

10 overhead squats (65 / 45 lb.)

10 chin-over-bar pull-ups*

From 3:00-6:00

2 rounds of:

12 overhead squats (65 / 45 lb.)

12 chin-over-bar pull-ups*

From 6:00-9:00

2 rounds of:

14 overhead squats (65 / 45 lb.)

14 chin-over-bar pull-ups*

Etc., following the same pattern until you fail to complete both rounds

*Masters Women 55+ do jumping chest-to-bar pull-ups.

SCALED MASTERS

(Scaled Masters 55+)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

6 overhead squats (45 / 35 lb.)

6 jumping chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

8 overhead squats (45 / 35 lb.)

8 jumping chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

10 overhead squats (45 / 35 lb.)

10 jumping chest-to-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

TEENS

(Teens 14-17)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

10 overhead squats (65 / 45 lb.)

10 chin-over-bar pull-ups

From 3:00-6:00

2 rounds of:

12 overhead squats (65 / 45 lb.)

12 chin-over-bar pull-ups

From 6:00-9:00

2 rounds of:

14 overhead squats (65 / 45 lb.)

14 chin-over-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

SCALED TEENS

(Scaled Teens 14-17)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

6 overhead squats (45 / 35 lb.)

6 jumping chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

8 overhead squats (45 / 35 lb.)

8 jumping chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

10 overhead squats (45 / 35 lb.)

10 jumping chest-to-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds



WEEK 2 SCORECARD (RX'D)

Week 2 presented by



Rx'd Men, Masters Men 40-44, Masters Men 45-49, Masters Men 50-54, Rx'd Women,
Masters Women 40-44, Masters Women 45-49, Masters Women 50-54

WORKOUT 15.2

(Includes Masters up to 54 years old)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

10 overhead squats (95 / 65 lb.)

10 chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

12 overhead squats (95 / 65 lb.)

12 chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

14 overhead squats (95 / 65 lb.)

14 chest-to-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

0:00-3:00	10 OVERHEAD SQUATS		40	12:00-15:00	18 OVERHEAD SQUATS		280
	10 PULL-UPS				18 PULL-UPS		
	10 OVERHEAD SQUATS				18 OVERHEAD SQUATS		
	10 PULL-UPS				18 PULL-UPS		
3:00-6:00	12 OVERHEAD SQUATS		88	15:00-18:00	20 OVERHEAD SQUATS		360
	12 PULL-UPS				20 PULL-UPS		
	12 OVERHEAD SQUATS				20 OVERHEAD SQUATS		
	12 PULL-UPS				20 PULL-UPS		
6:00-9:00	14 OVERHEAD SQUATS		144	18:00-21:00	22 OVERHEAD SQUATS		448
	14 PULL-UPS				22 PULL-UPS		
	14 OVERHEAD SQUATS				22 OVERHEAD SQUATS		
	14 PULL-UPS				22 PULL-UPS		
9:00-12:00	16 OVERHEAD SQUATS		208	21:00-24:00	24 OVERHEAD SQUATS		544
	16 PULL-UPS				24 PULL-UPS		
	16 OVERHEAD SQUATS				24 OVERHEAD SQUATS		
	16 PULL-UPS				24 PULL-UPS		

ATHLETE NAME _____ **TOTAL REPS** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

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Print

WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Y / N
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for the workout Judge Signature Date



WEEK 2 SCORECARD (MASTERS)

Week 2 presented by



Masters Men 55-59, Masters Men 60+, Masters Women 55-59, Masters Women 60+

WORKOUT

(Masters 55+)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

10 overhead squats (65 / 45 lb.)

10 chin-over-bar pull-ups*

From 3:00-6:00

2 rounds of:

12 overhead squats (65 / 45 lb.)

12 chin-over-bar pull-ups*

From 6:00-9:00

2 rounds of:

14 overhead squats (65 / 45 lb.)

14 chin-over-bar pull-ups*

Etc., following the same pattern until you fail to complete both rounds

*Masters Women 55+ do jumping chest-to-bar pull-ups.

0:00-3:00	10 OVERHEAD SQUATS		40	12:00-15:00	18 OVERHEAD SQUATS		280
	10 PULL-UPS				18 PULL-UPS		
	10 OVERHEAD SQUATS				18 OVERHEAD SQUATS		
	10 PULL-UPS				18 PULL-UPS		
3:00-6:00	12 OVERHEAD SQUATS		88	15:00-18:00	20 OVERHEAD SQUATS		360
	12 PULL-UPS				20 PULL-UPS		
	12 OVERHEAD SQUATS				20 OVERHEAD SQUATS		
	12 PULL-UPS				20 PULL-UPS		
6:00-9:00	14 OVERHEAD SQUATS		144	18:00-21:00	22 OVERHEAD SQUATS		448
	14 PULL-UPS				22 PULL-UPS		
	14 OVERHEAD SQUATS				22 OVERHEAD SQUATS		
	14 PULL-UPS				22 PULL-UPS		
9:00-12:00	16 OVERHEAD SQUATS		208	21:00-24:00	24 OVERHEAD SQUATS		544
	16 PULL-UPS				24 PULL-UPS		
	16 OVERHEAD SQUATS				24 OVERHEAD SQUATS		
	16 PULL-UPS				24 PULL-UPS		

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WEEK 2 SCORECARD (TEENS)

Week 2 presented by



Teen Boys 14-15, Teen Boys 16-17, Teen Girls 14-15, Teen Girls 16-17

WORKOUT

(Teens 14-17)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

10 overhead squats (65 / 45 lb.)

10 chin-over-bar pull-ups

From 3:00-6:00

2 rounds of:

12 overhead squats (65 / 45 lb.)

12 chin-over-bar pull-ups

From 6:00-9:00

2 rounds of:

14 overhead squats (65 / 45 lb.)

14 chin-over-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

0:00-3:00	10 OVERHEAD SQUATS		40	12:00-15:00	18 OVERHEAD SQUATS		280
	10 PULL-UPS				18 PULL-UPS		
	10 OVERHEAD SQUATS				18 OVERHEAD SQUATS		
	10 PULL-UPS				18 PULL-UPS		
3:00-6:00	12 OVERHEAD SQUATS		88	15:00-18:00	20 OVERHEAD SQUATS		360
	12 PULL-UPS				20 PULL-UPS		
	12 OVERHEAD SQUATS				20 OVERHEAD SQUATS		
	12 PULL-UPS				20 PULL-UPS		
6:00-9:00	14 OVERHEAD SQUATS		144	18:00-21:00	22 OVERHEAD SQUATS		448
	14 PULL-UPS				22 PULL-UPS		
	14 OVERHEAD SQUATS				22 OVERHEAD SQUATS		
	14 PULL-UPS				22 PULL-UPS		
9:00-12:00	16 OVERHEAD SQUATS		208	21:00-24:00	24 OVERHEAD SQUATS		544
	16 PULL-UPS				24 PULL-UPS		
	16 OVERHEAD SQUATS				24 OVERHEAD SQUATS		
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WEEK 2 SCORECARD (SCALED)

Week 2 presented by



Scaled Men, Scaled Masters Men 40-44, Scaled Masters Men 45-49, Scaled Masters Men 50-54,
Scaled Women, Scaled Masters Women 40-44, Scaled Masters Women 45-49,
Scaled Masters Women 50-54

WORKOUT

(Scaled Men & Women 18-54)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

6 overhead squats (65 / 45 lb.)

6 chin-over-bar pull-ups

From 3:00-6:00

2 rounds of:

8 overhead squats (65 / 45 lb.)

8 chin-over-bar pull-ups

From 6:00-9:00

2 rounds of:

10 overhead squats (65 / 45 lb.)

10 chin-over-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

0:00-3:00	6 OVERHEAD SQUATS		24	12:00-15:00	14 OVERHEAD SQUATS		200
	6 PULL-UPS				14 PULL-UPS		
	6 OVERHEAD SQUATS				14 OVERHEAD SQUATS		
	6 PULL-UPS				14 PULL-UPS		
3:00-6:00	8 OVERHEAD SQUATS		56	15:00-18:00	16 OVERHEAD SQUATS		264
	8 PULL-UPS				16 PULL-UPS		
	8 OVERHEAD SQUATS				16 OVERHEAD SQUATS		
	8 PULL-UPS				16 PULL-UPS		
6:00-9:00	10 OVERHEAD SQUATS		96	18:00-21:00	18 OVERHEAD SQUATS		336
	10 PULL-UPS				18 PULL-UPS		
	10 OVERHEAD SQUATS				18 OVERHEAD SQUATS		
	10 PULL-UPS				18 PULL-UPS		
9:00-12:00	12 OVERHEAD SQUATS		144	21:00-24:00	20 OVERHEAD SQUATS		416
	12 PULL-UPS				20 PULL-UPS		
	12 OVERHEAD SQUATS				20 OVERHEAD SQUATS		
	12 PULL-UPS				20 PULL-UPS		

ATHLETE NAME _____ **TOTAL REPS** _____
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WORKOUT LOCATION _____ **JUDGE** _____ Has judge passed CrossFit's Y / N
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WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Y / N
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WEEK 2 SCORECARD (SCALED MASTERS)

Week 2 presented by



Scaled Masters Men 55-59, Scaled Masters Men 60+, Scaled Masters Women 55-59,
Scaled Masters Women 60+

WORKOUT

(Scaled Masters 55+)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

6 overhead squats (45 / 35 lb.)

6 jumping chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

8 overhead squats (45 / 35 lb.)

8 jumping chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

10 overhead squats (45 / 35 lb.)

10 jumping chest-to-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

0:00-3:00	6 OVERHEAD SQUATS		24	12:00-15:00	14 OVERHEAD SQUATS		200
	6 PULL-UPS				14 PULL-UPS		
	6 OVERHEAD SQUATS				14 OVERHEAD SQUATS		
	6 PULL-UPS				14 PULL-UPS		
3:00-6:00	8 OVERHEAD SQUATS		56	15:00-18:00	16 OVERHEAD SQUATS		264
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	10 PULL-UPS				18 PULL-UPS		
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	12 PULL-UPS				20 PULL-UPS		
	12 OVERHEAD SQUATS				20 OVERHEAD SQUATS		
	12 PULL-UPS				20 PULL-UPS		

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Print

WORKOUT LOCATION _____ JUDGE _____ Has judge passed CrossFit's Y / N
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Print

WORKOUT LOCATION _____ JUDGE _____ Has Judge passed CrossFit's Y / N
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I confirm the information above accurately represents the athlete's performance _____
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WEEK 2 SCORECARD (SCALED TEENS)

Week 2 presented by



Scaled Teen Boys 14-15, Scaled Teen Boys 16-17, Scaled Teen Girls 14-15,
Scaled Teen Girls 16-17

WORKOUT

(Scaled Teens 14-17)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

6 overhead squats (45 / 35 lb.)

6 jumping chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

8 overhead squats (45 / 35 lb.)

8 jumping chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

10 overhead squats (45 / 35 lb.)

10 jumping chest-to-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

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	6 OVERHEAD SQUATS				14 OVERHEAD SQUATS		
	6 PULL-UPS				14 PULL-UPS		
3:00-6:00	8 OVERHEAD SQUATS		56	15:00-18:00	16 OVERHEAD SQUATS		264
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	12 OVERHEAD SQUATS				20 OVERHEAD SQUATS		
	12 PULL-UPS				20 PULL-UPS		

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ATHLETE NAME _____ **TOTAL REPS** _____
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for the workout Judge Signature Date